

Welcome to your life

RUN TIME – 1:23

ANCHOR LEDE

It's no surprise that going from school to the "real world" can bring stress, anxiety and other mental health challenges. What matters is how you respond. Tim Ditman of OSF HealthCare has more.

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OSF psychotherapist Rachel Yuhas says it's not uncommon for recent college graduates to fall into temporary adjustment disorder. She says that's not full-blown depression or anxiety but rather temporary symptoms seen during a life adjustment period. The person could isolate themselves, have decreased motivation or have difficulty maintaining a routine.

Sending out resume after resume with no job offers or losing your college friend group can also lead to frustration and feeling down.

\*\*\*SOT\*\*\*

Rachel Yuhas [YOU-hawss]

OSF HealthCare psychotherapist

**"I tell people: get in a routine, especially if you've graduated from college and don't have a job lined up. It can be really hard if you don't have things going on throughout your day. Have a sense of purpose. If gyms are your thing, join a gym. You're getting socialization and helping your body and the chemicals in your brain. Go to the library. Join a community group. If you do get a job, be mindful of the Monday through Friday routine. Make sure you're doing [pleasurable] things on the weekends, not just the same meal prep and laundry. Try to break it up and have things not be super consistent." (:58)**

I'm Tim Ditman.

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If the stress of young adulthood is too much to manage or if the person is a threat to harm themselves or others, see a mental health provider right away. One-on-one sessions, sessions with the parents or group sessions are all options. The provider could even help with career coaching.